

## Let's Talk: Coping with Depression

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## What is Depression?

According to the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders- 5<sup>th</sup> Edition):

A depressive episode **occurs for 2 consecutive weeks**, for more days than not which could be experienced by a combination of the following:

- Fatigue, lack of energy, feeling weighed down
- Change in sleep patterns
- Change in eating patterns
- Difficulty concentrating or making decisions
- Feeling down or sad, disconnected
- Loss of interest in enjoyable activities
- Low self esteem, worthless, useless
- Thoughts about death, dying, not wanting to live

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## Causes of Depression

- Genetics
- Brain Changes
- Medical Problems
- Life circumstance
- Trauma
- Substance misuse (drugs, alcohol, prescription medications)

National Alliance on Mental Illness (2017)

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## Depression is experienced in different intensities.

Mild

Moderate

Severe

Victoria State Government: BetterHealth Channel Depression (2018)

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## Depression FEELS like...

- ... I couldn't feel anything for my husband or for my kids. My emotions were completely dead. I knew I loved them, but I just couldn't feel it.
- ... this bad feeling that is never going to end.
- ... feeling bad about myself.
- ... feeling guilty for not being able to do more.
- ... feeling completely out of place.
- ... feeling lonely and cut off from the world.
- ... getting out of bed and getting ready for the day is unbearable.
- ... I let everyone down.
- ... loving painting, but then one day just feeling like I couldn't do it anymore.
- ... not enjoy the things that I used to.
- ... texting my friends back is so overwhelming.
- ... keeping up friendships is exhausting.

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## Depression LOOKS like...

- ... not being able to concentrate. I couldn't even read a book to my child at bedtime.
- ... I couldn't sleep anymore. My mind would just zoom in on all the negative things in my life.
- ... avoiding my friends and loved ones because you think they don't like you.
- ... eating because it is the only thing that brings me comfort, but then feeling guilty for everything I just ate.
- ... walking around like a zombie.
- ... snapping at my mom for no reason. I know she didn't say anything wrong, but I feel angry all the time.
- ... skipping meals, because I just don't feel hungry.
- ... sleeping all day because facing the day seems impossible.
- ... not taking a shower for days or staying in the same clothes, because it requires too much energy to get up.

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## Treatment Options

- Psychotherapy
- Medical
  - Medication
- Combination





Photo by LinkedIn Sales Navigator on Unsplash

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## Coping : Behavioral Strategies - Get Moving

- Exercise
  - Go for a walk, stretch, dance to a song
- Engage in tasks
  - No task is too small
  - Be proud of any task that you can complete



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## Coping: Cognitive Strategies - Thought Records

Situation	Thoughts	Emotions	Behaviors	Alternate Thought

Thought records help you begin to understand your own thinking and behavior patterns in order to learn how to develop healthier and more effective coping skills.

Writing it down immediately or soon after an event helps to have a more accurate understanding of your emotional responses.

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## Let's Talk: Suicide

Sometimes extreme depression causes suicidal feelings.

It is a symptom of depression.

Terry Wise, Suicide Attempt Survivor, Author of *Waking Up: Climbing Through the Darkness* talks about suicide: "Suicide doesn't stand alone. It doesn't just happen as the result of nothing out of nowhere. It is the result of something... Suicide had become almost like a coping mechanism and I learned through therapy that death was not the only way to end my pain, there were other ways to end my pain besides death. And one of them was developing coping skills and learning how to manage my feelings in a different way, which I did."

### WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

**TALKING ABOUT:**

- Wanting to die
- Great guilt or shame
- Being a burden to others

**FEELING:**

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

**CHANGING BEHAVIOR, SUCH AS:**

- Taking dangerous risks such as driving extremely fast
- Withdrawing from friends, saying good bye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline: 1-800-273-TALK  
Crisis Text Line: Text "HELLO" to 741741

[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)

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## Emergency Services

**Need help?**

Text: 'courage' to: 741741

FREE, 24/7, CONFIDENTIAL

CRISIS TEXT LINE

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

IN CASE OF EMERGENCY CALL 911

POLICE - FIRE - MEDICAL

Crisis Text Line provides free, 24/7 mental health support via text message

- Its free to call
- Confidential
- Available 24/7
- Speak with a trained professional

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## Coping - More Self-Help Resources

- NAMI – National Alliance of Mental Illness
- Centre for Clinical Interventions
- activeminds.org
- <https://www.mhational.org/live-your-life-well>
- The Power of When by Dr. Michael Breus – free audiobook on youtube.
- suicidepreventable.org
- <https://suicidepreventionlifeline.org>
- Pinterest

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<p><b>Professional Resources- Student Health Services</b></p> <ul style="list-style-type: none"> <li>Mt SAC Student Health Services are located in 9E and 67B</li> <li>COVID-19 response: teletherapy is being provided by phone or by video conference using secure platform, Zoom.</li> <li>Mental health services are short-term, where you work with a licensed clinician to develop attainable goals to improve your daily functioning.</li> <li>If long-term care is needed, referrals will be issued.</li> <li>Call to make an appointment (909) 274-4400             <ul style="list-style-type: none"> <li>Mon-Friday 8am-4:30pm</li> </ul> </li> </ul>	
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Campus Resources		
<p><b>Health Center: Health Education</b></p> <ul style="list-style-type: none"> <li>Find self-help videos developed by professionals working in the health center.</li> <li>Check out monthly virtual events lined up for the Fall</li> </ul>	<p><b>Health Center: Mindfulness &amp; Meditation</b></p> <ul style="list-style-type: none"> <li>Sign up for a 30-minute session that can help you to create a space to connect, learn and develop self-care practices that can be done at home.</li> <li>Sessions are free and are held via zoom.</li> <li>Find a couple of podcasts and a wealth of information about the importance of mindfulness and meditation.</li> </ul>	<p><b>Wellness Center</b></p> <p>Live Well Mt SAC has great content online available to you. Check out their tabs on Mind &amp; Body and Nutrition and Cooking. Go click around to find some free resources for exercise, eating, and even some parenting resources.</p> <p style="text-align: right;"><a href="https://www.mtsac.edu/wellness/index.html">https://www.mtsac.edu/wellness/index.html</a></p>
<p><a href="https://www.mtsac.edu/healthcenter">https://www.mtsac.edu/healthcenter</a></p>		

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<p><b>“No Feeling is Final”</b> - Rainer Maria Rilke</p>	 <p>HealthyPlace.com</p>
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<p><b>References</b></p>	<p>American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.). Arlington, VA: American Psychiatric Publishing.</p> <p>Depression. (2017). <i>National Alliance on Mental Illness</i>. Retrieved from <a href="https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression">https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression</a></p> <p>Depression: Experiencing depression. (2019). <i>Healthtalk.org</i>. Retrieved from <a href="https://healthtalk.org/depression/experiencing-depression">https://healthtalk.org/depression/experiencing-depression</a></p> <p>Living with Depression-Recognising Symptoms-video. (2018). <i>Victoria State Government Betterhealth Channel</i>. Retrieved from <a href="https://www.betterhealth.vic.gov.au/health/VIDEOS/Depression-Recognising-Symptoms">https://www.betterhealth.vic.gov.au/health/VIDEOS/Depression-Recognising-Symptoms</a></p> <p>Stories of Hope and Recovery: Terry Wise. (2012). <i>National Suicide Prevention Lifeline</i>. Retrieved from <a href="https://suicidepreventionlifeline.org/stories/page/2/">https://suicidepreventionlifeline.org/stories/page/2/</a></p> <p>Warning signs of suicide. <i>National Institute of Mental Health</i>. Retrieved from <a href="https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/index.shtml?utm_source=NIMHwebsite&amp;utm_medium=Portal&amp;utm_campaign=shareNIMHhealthyplace.com">https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/index.shtml?utm_source=NIMHwebsite&amp;utm_medium=Portal&amp;utm_campaign=shareNIMHhealthyplace.com</a></p>
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